FIRES FORCE WEST KELOWNA EVACUATION, PG 3

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FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, Tuesday to Thursday, in Calgary.

- Today
- Numbers don't reflect 'true' homelessness, page 2
- Men dominate AFN chief candidates, page 6
- Top five election issues, page 6
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- Bringing culture to schools, page 15
- New surge of Aboriginal talent, page 17

Workology pg 16

'Mercenary' carries lens

Take 5 pg 19

Take a bite out of Metro's daily recipe

Sports pg 13

Stewart Cinks Tom at Open

"It's time to overcome the gap of understanding among people in this country."
Shawn Atleo

"We should be more inclusive of all our citizens, no matter where they are."
John Beaucage

"We need more and more First Nations people at all the decision-making tables."
Perry Bellegarde

"I've tapped into the anger and frustration ... Watch me, as Trudeau said."
Terrance Nelson

"We can do anything we want ... we have thousands and thousands of brilliant Indian people."
Bill Wilson

Seeking united voice

Assembly of First Nations in Calgary to vote for new national chief

FocusOn FirstNations

LAURA EGGERTSON
for Metro Canada

More than 600 chiefs of First Nations communities across Canada gather in Calgary tomorrow to choose their national leader, in an election whose outcome will steer the course of Aboriginal and non-Aboriginal relations for the next four years.

The National Chief of the Assembly of First Nations (AFN) represents all of the 300,755 status Indians living on reserves, and also strives to advocate for the nearly 400,000 living off-reserve, largely in urban centres.

As an advocacy organization, the AFN is in the often difficult role of attempting to give one voice to the myriad views among First Nations communities on vital issues ranging from poverty alleviation to economic development, land claims, the legacy of residential schools, and self-government.

That single voice — even if it cannot possibly represent all Aboriginal views — is the one the federal government hears. That's why the top job matters.

Shawn Atleo and Bill Wilson, both from British Columbia, Saskatchewan's Perry Bellegarde, Ontario's John Beaucage, and Manitoba's Terrance Nelson are all vying to be the ninth chief to lead since the AFN was founded in 1968.

"The national chief sets the tone of the relationship between Aboriginal Peoples and Canada," says David Newhouse, the chair of Indigenous Studies at Trent University in Peterborough.

That's also the reason style is as crucial as substance when it comes to a national chief. Previous leaders have ranged from those favouring a confrontational approach to others prepared to work within the system, governed by the much-maligned Indian Act.

The federal government doesn't always want to hear what the AFN has to say, but it ignores the organization "at its peril," points out Newhouse, a Mohawk from Six Nations of the Grand River. Governments have had to back down from critical pieces of legislation because they couldn't win AFN support.

The next leader also carries the critical responsibility of ensuring the AFN is relevant for the next generation of First Nations youth — their numbers are growing at a rate 3½ times faster than that of the general Canadian population.

MORE COVERAGE, PAGES 2, 4, 6, 7, 8, 13, 14, 15, 17

This is a creation by Ottawa-based artist Tom Hogan, entitled United. Hogan's paintings reflect both his knowledge of Aboriginal mythology and his personal journey. For more on Hogan, see page 2. More coverage, pages 2, 4, 6, 7, 8, 13, 14, 15, 17.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Society to aid immigrants raises $416K in walk

About 12,000 people taking part in the 24th annual SUCCESS Walk with the Dragon raised $416,000 yesterday. The money will be used to fund services and programs for youth, women, seniors and families. SUCCESS is a charity that helps immigrants when they arrive in Canada. METRO VANCOUVER

Local

First Nation unveils solar project

The T'Souk-e First Nation on Vancouver Island has unveiled its $1.5-million solar power project, making it the largest solar energy-producing community in British Columbia, CBC News Online reports. The project will power the T'Souk-e band office, fisheries building, canoe shed and 25 homes on the reserve located in Sooke.

METRO NEWS SERVICES

FocusOn FirstNations

On the Cover

The cover art on today's edition of Metro, called United, was created by Ottawa-based artist Tom Hogan, right. Born in Sioux Lookout in 1955, Hogan is a self-taught Woodland-style artist. His vibrant paintings reflect both his knowledge of Aboriginal mythology and his personal journey — one which includes being abandoned as a child, addiction, ill health, and homelessness.Each of his works are a testament to his spirit's ability to overcome the often difficult realities of life. More about Hogan and his work can be found at tomhogan.ca

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video Two Canadian astronauts make history aboard the International Space Station at **metronews.ca/canada**

Video The eyes of investors are on the Bank of Canada as the economy balances between recession and recovery at **metronews.ca/canada**

Video A Vancouver race track plays host to a dash of the dachshunds at **metronews.ca/canada**

Lotteries

Friday, July 17
Lotto Super 7: 12, 13, 31, 33, 37, 44, 46 Bonus 34
Extra: 25, 27, 28, 80
Saturday, July 18
Lotto 6/49: 2, 4, 15, 39, 45 & 49 Bonus 37
BC 49: 14, 19, 25, 27, 41 & 45 Bonus 42
Extra: 31, 35, 51, 57
These results are not official.

Homeless count higher: Expert

Numbers of Aboriginal homeless don't include the 'hidden'

FocusOn FirstNations

KARL YU
for Metro Vancouver

The number of homeless Aboriginal people living on Vancouver streets is likely higher than can be counted, according to the executive director of Vancouver Aboriginal Transformative Justice services.

A 2005 study found that 34 per cent of Vancouver's homeless are Aboriginal, a group that makes up only two per cent of the city's population.

But Christine Smith-Parnell says those numbers don't reflect "hidden homelessness."

"(Aboriginal) people naturally take in families. We help others out until they can stand on their own so there are a lot of families that have two or three (other) families living in their apartments."

With the "hidden homeless" Smith-Parnell estimates that the number of homeless doesn't number 34 per cent but probably lies more along the 44 to 45 per cent mark.

Smith-Parnell said that the lack of affordable housing and high rent are contributing factors.

David Eddy, executive director of the Vancouver Native Housing Society (VNHS), which houses urban Aboriginal population, agrees that funding needs to be increased.

"The federal government got out of supporting housing in 1993 and (the housing society's) last family project was completed in 1994," he said.

The VNHS has 15 buildings with about 1,000 tenants and they are "bursting at the seams," with waiting lists of more than 1,000 and waiting periods of more than 10 years.

Urban issues

- Urban Aboriginal issues should be targeted by the winner of this week's Assembly of First Nations election, according to the Christine Smith-Parnell, executive director of the Vancouver Aboriginal Transformative Justice Services.

"A huge congregation of us from the urban aboriginal communities are heading down for that (the First Nations elections) only because we want to ensure that the leadership understands that there is a huge population that's not being serviced, and that's the urban communities," Smith-Parnell said.

"So we've developed, in our Vancouver community here, a council (Metro Vancouver Aboriginal Executive council) so that we can strategically plan programming for our community.

Man found guilty on one of 43 counts

KARL YU
for Metro Vancouver

COURT A judge has convicted the 31-year-old Vancouver man accused of damaging the exteriors of hundreds of cars with a key on only one of 43 charges.

Soo Yo Kim, who has a history of vehicular vandalism, was arrested in April after police caught him keying a Jeep in East Vancouver.

Judge William Kitchen ruled that Kim is guilty of mischief for scratching the Jeep, but that there is insufficient evidence linking him to the other charges.

About 400 cars were keyed in the area around Science World last year.

Jericho Beach **Where the folks meet**

KARL YU/FOR METRO VANCOUVER

Karen Crown, left, dances up a storm at yesterday's Vancouver Folk Music Festival at Jericho Beach. Gwen Kallio, festival publicist, said this is one of the largest crowds she's seen "in a long time."

News in brief

PRINCE OF POT The two co-accused linked to Vancouver marijuana activist Marc Emery were sentenced to two years of probation by a Seattle judge. Michelle Rainey, 38, and Gregory Williams, 54, pleaded guilty to mailing marijuana seeds to people in the United States. Williams said in his plea agreement that Emery made more than $3 million a year selling marijuana seeds by mail to Americans. Emery, known as the Prince of Pot, is preparing for a minimum five-year sentence after working out a plea deal with prosecutors.

RESCUE Around 25 people had to be rescued from an 80-foot boat near the Vancouver Convention Centre after a fire broke out in the engine room, cknw.com reports. Officials tugged the vessel to shore for inspection.

SHOTS Police are investigating reports of shots fired near Cambie Street and West 33rd Avenue. Investigators called to the area found shell casings on the ground early Friday morning. It's unclear if anyone was hit.

ACCIDENT A woman is in critical condition and a man is in serious condition after their motorcycle hit a car near Granville Street and Broadway, news1130.com reports. The victims were injured when they were thrown from the motorcycle late Saturday night.

CHARGES Australian authorities have charged three men with the murder of a Kelowna man, CBC News Online reports. Cain Anthony Aguiar, 25, was beaten to death outside a Melbourne pub on July 9. The suspects are scheduled to appear in Melbourne court in November.

HOSPITAL Mission might be losing its hospital because of government budget cuts, cknw.com reports. Mayor James Atebe said B.C. Health Minister Kevin Falcon assured him the emergency ward would stay open and that no cuts would be made without consultation.

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Bears drawn to hot tubs
Hot tubs seem to be attracting bears in North Vancouver, according to the North Shore Bear Network.
Tony Webb said hot tub covers emulate the smell of beehives, so people going for a dip should be extra vigilant. **NEWS1130.COM**

Fires continue burning

17,000 evacuated from homes in West Kelowna

KRISTEN THOMPSON
kristen.thompson@metronews.ca

ANDY CLARK/REUTERS
A forest fire burns on the edge of Kelowna at dawn yesterday.

Around 17,000 people have been forced from their homes in West Kelowna as crews battle two out-of-control wildfires raging in the hot, dry area.

A forest fire near Glen Rosa covering about 350 hectares started on Saturday afternoon. A second blaze about 10 kilometres away broke out at the Rose Valley Dam later that evening.

So far, at least nine buildings have burned down.

Elise Riedlinger, a fire information officer, said the fires cover roughly 450 hectares combined, and efforts to control them have been hampered by scorching temperatures, strong winds and trees killed by pine beetles.

"It's just very dry conditions throughout the area," said Riedlinger.

"(On Saturday) we had quite strong winds that pushed the fire into the larger size at Glen Rosa," she said, adding that fire is spreading eastward toward Okanagan Lake.

"(Yesterday) with afternoon heating they're expected to gust up to 35 kilometres an hour, and that was another challenge for our crews."

Around 125 firefighters, 10 helicopters, eight air tankers and other heavy equipment from the B.C. Fire Services are being used to manage the two fires because they're so close together.

In the meantime, 6,500 homes have been evacuated and others are on alert in Glenrose, Shannon Woods, West Kelowna, Crystal Springs and Rose Valley.

Highway 97 was also closed because of thick smoke.

It's unclear how the fires started, but human activity is suspected because there have been no recent lightning storms.

Emergency info

- For information about evacuation orders call 250-469-8490 and for road closures call 1-800-550-4997.

Missing man's body identified

MOUNT SEYMOUR Police have identified a body found on Mount Seymour as that of Daniel Hughes, who disappeared after leaving his Vancouver home for a bike ride in early June. According to the RCMP, the 29-year-old's arm bone was found on the Baden Powell Trail on July 9, and additional skeletal remains were later found nearby. Last month, Hughes' bike was found locked to a tree along with his helmet and equipment, prompting a massive search of the area that was called off several days later. It's unclear how Hughes died, but police said foul play is unlikely.

Hughes

METRO VANCOUVER

Woman shot on her back deck

CRIME A 49-year-old woman is recovering in hospital after being shot three times while on the back deck of her East Vancouver home. She was taken to hospital around 5:30 a.m. Friday, where she was listed in stable condition. Const. Jana McGuinness said the victim is not known to police and the shooting does not appear to be random. Police haven't arrested a suspect.

METRO VANCOUVER

News in brief

MISSING RCMP are asking for the public's help finding a missing Surrey man. Yashpal Mehay, 40, was last seen on July 14 at Costco in Abbotsford, on his way to Clinton, where he has a business. Mehay is not known to police and has no history of drug or alcohol use.

CANNONS Blueberries are pitting farmers and their neighbours against each other in Abbotsford, CBC News Online reports. Residents say propane-fuelled cannons used to scare away birds are driving them crazy. Farmers say the cannons are the easiest and cheapest way to keep birds away.

METRO VANCOUVER

Experience where Hendrix lived in Vancouver

DANIEL TAM
for Metro Vancouver

RESTAURANT Jimi Hendrix's grandmother's Vancouver restaurant will open to the public today after months of restoration.

The grand opening will feature look-a-likes and the CD release of building owner Vincent Fedora.

The inside of the building has been restored to its original look and painted red, orange and purple.

Fedora discovered the property's history when he visited the Jimi Hendrix Experience Museum in Seattle. He saw an envelope containing a postcard Jimi Hendrix wrote to his grandmother with the address of his property, 207 Union St., written on it.

"I was kind of surprised. I thought maybe there was some kind of mistake," Fedora said upon seeing the address. When he returned to Vancouver, Fedora did some research and talked to old neighbours. Eventually, he learned that the building belonged to Hendrix's grandmother, who has since died, and that Jimi himself spent many nights living there in his 20s.

Fedora said the building is only opening to the public for one day. "It's not going to be a public place," said Fedora. "If somebody wants to go some other day and they phone me and say they want to look inside, I will take them."

CD release

- Fedora's CD contains the reggae version of the Italian national anthem and other Italian folk songs. It was recorded with Bob Marley and the Wailers in 1981.

PHOTO SUBMITTED
Jimi Hendrix's grandmother's restaurant at 207 Union St., which will be open to the public today.

News in brief

BLAZE Fire crews were called to Stanley Park to put out a fire started by a cigarette butt, ck-nw.com reports. The fire broke out by Prospect Point between three trees — one of which is likely 500 years old.

STABBING A 22-year-old man is in serious but stable condition in hospital after being stabbed yesterday morning. The man was attacked at around 2 a.m. near Robson and Burrard streets. No suspect has been caught.

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Hall showcases Aboriginal athletes
The B.C. Sports Hall of Fame at B.C. Place features an Aboriginal Gallery that showcases contributions made by First Nation culture to B.C.'s sports heritage. The gallery includes one of Montreal Canadiens goalie Carey Price's jerseys. METRO VANCOUVER

Focus On First Nations

'World's biggest potlatch'

First Nations ready to welcome the world during 2010 Winter Games

JEFF HODSON
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The four host First Nations, on whose traditional territories the Vancouver 2010 Olympics will be held, are excited to welcome the world to their land and culture.

"We would call the 2010 Games the world's biggest potlatch," said Tewanee Joseph, the executive director of the Four Host First Nations Society. "We need everybody to celebrate with us, to host the world, to come together."

B.C.'s Premier Gordon Campbell and Jack Poole, chair of the Vancouver Olympic Organizing Committee, have said the Olympic bid would not have been a success without the support of First Nations, Joseph said.

"By inviting us in and being a part of it, this truly becomes Canada's Games.
Tewanee Joseph

The nations — Lil'wat, Musqueam, Squamish and Tsleil-Waututh — have been involved in the planning of the Games since the beginning, which is unusual, Joseph said, because First Nations are normally consulted late in the game — if at all.

"By inviting us in and being a part of it, this truly becomes Canada's Games."

Before the bid was announced, he added, the International Olympic Committee asked the chiefs whether the partnership was real or simply window dressing.

In exchange for their support, the four Nations have each received Olympic legacy packages for culture and economic development.

Young curler giving youth a role model

KRISTEN THOMPSON
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HOPEFUL When curler Travis Jones talks about young Aboriginal athletes' need for mentors, it's as if he doesn't realize he's one himself.

Jones, who is Métis and lives just outside Dawson Creek, is a future Olympic hopeful and one of six up-and-coming Aboriginal athletes chosen by VANOC as the subject for an inspirational poster series.

"There aren't a lot of junior-age curlers in Northern B.C.," said Jones, 18, who picked up the sport in elementary school. "It's difficult to get together for practices so mostly I (have) to work on my own."

Jones said many elite-level Aboriginal athletes get held up because of geographical barriers.

"(Some struggle) with the … availability of resources or venues, and the low number of athletes to form teams," he said.

He added that while Aboriginals haven't featured significantly in past Games, that number is going to rise because of legacies left by the Olympics.

And as more Aboriginal athletes make it to the top, others will be inspired to follow suit, Jones said.

"(Three) of some of the once-biggest names in curling are Aboriginal — Al Hackner, Arnold Asham … and Renee Sonnenberg," he said.

Jones said he hopes his participation in the Find Your Passion In Sport poster series will inspire the next generation to get involved.

Hilary Dunn, director of Aboriginal participation for VANOC, said sport plays a positive role in promoting health and wellness in Aboriginal communities.

ANA ARCE/WORLD CURLING FEDERATION

Travis Jones hopes to curl in the Olympics one day.

"(It strengthens) the emotional, mental and physical aspects of Aboriginal life," she said.

On board for positive change

KRISTEN THOMPSON
kristen.thompson@metronews.ca

CLUB What started as a group of 10 First Nations snowboarders in Squamish has grown into a province-wide club with 200 participants — five of whom are on Team B.C. and another who's a 2010 hopeful.

Aaron Marchant launched the First Nations Snowboarding Team in 2004 "to give youth a positive experience and build new partnerships."

"The team builds confidence, self-esteem, gives them a way to be part of a team of 200 across the province," said Marchant.

"There's always a way to advance and set goals and strive for excellence."

One of its affiliates, Algonquin snowboarder Caroline Calvé, has her sights set on 2010.

"(The team) is growing the sport of snowboarding and our communities are becoming more active in mountain sport," Marchant said. "There's more participation than ever before because of the (excitement surrounding) the Games."

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Soldier stepped on explosive: Military
A Canadian soldier who was killed last week had stepped on an explosive device before falling to his death in the Panjwaii district of southern Afghanistan, a military official said yesterday, CBC News Online reports. METRO NEWS SERVICES

Canada

Group calls for action on parks

A conservation advocacy group says Canada needs to act faster to create new parklands and do more to protect those it already has, CBC News Online reports. The Canadian Parks and Wilderness Society's annual report of national and provincial parks said the pace of parks creation across the country slowed significantly in the past 12 months compared to 2008, which it hailed as a "banner year." Because of its sheer size, Canada still has more land dedicated to parks than any other country in the world. METRO NEWS SERVICES

Outer Space **Company coming**

NASA HANDOUT/REUTERS

In this NASA file photo, Canadian Space Agency astronaut Robert Thirsk gives himself a haircut and uses a vaccuum cleaner to collect floating hairs Friday at the International Space Station. Shuttle Endeavour astronauts floated aboard the International Space Station, swelling its crew to a record 13 and marking the start of an ambitious 11-day construction mission.

Blast survivor feared for life

Canadian lives through bombing

The first thing that Canadian businessman Andrew Cobham remembers about the Jakarta bomb attack he survived on Friday was a booming sound and a bright, white light.

"There was a loud bang, a bright flash and suddenly you couldn't see anything or anybody. The whole place was in turmoil," Cobham told Reuters on Saturday in a bedside interview at South Jakarta's Metropolitan Medical Centre.

Cobham, 65, an adviser to the consulting firm CastleAsia, was attending a regular business breakfast hosted by the company in the lobby of the luxury JW Marriott on Friday morning when a suicide bomber struck.

"There was a loud bang, a bright flash and suddenly you couldn't see anything or anybody. The whole place was in turmoil."
Andrew Cobham, Canadian blast survivor

It was followed by another suicide bomb at the nearby Ritz-Carlton Hotel, which is also in Jakarta's main business district.

Cobham, who has lived in Indonesia for about 20 years, said the white light was accompanied by a blast so loud it has destroyed his hearing in his right ear. In the chaotic five minutes that followed, Cobham thought he was going to die.

"My first thought was that I actually didn't think I was going to survive, and then I thought I was blind because I couldn't see anything or anybody," he said.

REUTERS

MORE COVERAGE, PAGE 10

News in brief

IMMIGRATION More than two-thirds of Canadians support the federal government's visa requirements for visitors from Mexico and the Czech Republic, according to a new poll. The survey found 69 per cent agree with the visa requirements announced last Monday, including 39 per cent who voiced strong agreement. Immigration Minister Jason Kenney announced the new policy on Monday, saying the move was necessary to stem what the government believed was a tide of bogus refugee claimants from the countries in recent years.

HEALTH Toronto will see more deaths from the global H1N1 pandemic because of the civic workers' strike, warns the head of infection control at a local hospital. "The bottom line is more people will die," microbiologist Dr. Allison McGeer, an authority on pandemic planning, said yesterday. On the picket line are as many as 1,800 unionized employees from the Toronto Public Health Unit, which is supposed to be playing a critical role in the battle against swine flu, particularly in planning for the second wave, which is feared to hit in September.

TORSTAR NEWS SERVICE

COPYRIGHT The Canadian government, struggling to stay ahead of fast-moving technological developments, will launch consultations this week to help it craft new copyright legislation. Its last legislative attempt was killed off by an election in October 2008, and the government said it would begin a new round of talks, with a roundtable in Vancouver today.

REUTERS

Weekly report to spot H1N1 activity

HEALTH Federal public health officials have launched a new way of tracking the spread of influenza A (H1N1), also known as swine flu, with a weekly online report designed to spot trends such as a higher number of hospitalizations or other unusual activity.

"The goal of surveillance is to assess the impact of the H1N1 flu virus on our communities so that we can adapt our planned responses to the situation at hand," chief public health officer David Butler-Jones said at a news conference.

"Counting individual cases no longer serves a useful public-health purpose."

The new national surveillance system comes after the World Health Organization this week urged countries to stop trying to confirm all cases through laboratory testing because it was yielding little new information that would help to prepare for a pandemic.

Confirmed cases represent only the tip of the iceberg of all pandemic flu cases, as a vast majority don't require medical care and therefore don't come to the attention of authorities.

TORSTAR NEWS SERVICE

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Most First Nations people not living on reserves
According to Statistics Canada, figures from the 2006 census show that 40 per cent of First Nations people live on reserves. The other 60 per cent live off reserve. METRO CANADA

Focus On First Nations

Assembly to choose leader

Men dominate election for national chief, though historically many Nations matriarchal

LAURA EGGERTSON
for Metro Canada

Shirley Williams hopes she will live to see a woman serve as National Chief of the Assembly of First Nations.

But the 70-year-old Ojibway and Odawa elder from Manitoulin Island knows it won't happen this year. There are no women among the five candidates on the ballot in tomorrow's election in Calgary.

Williams, an emeritus professor at Trent University in Peterborough, Ont., thinks she knows why.

"We have no women running for National Chief because we have been assimilated to a patriarchal society," she says.

Historically, many First Nations were matriarchal societies. Some still trace their hereditary leadership along matrilineal lines. But Williams, who also instructs Aboriginal languages teachers at Lakehead University in Thunder Bay, Ont., believes the European conquest and the Indian Act's patriarchal structure eroded women's governing authority.

Many Aboriginal women won't run for the highest political office because they fear being looked down upon, Williams says.

To date only three women have run for National Chief — Marilyn Buffalo, Wendy Grant-John and Roberta Jamison. That's despite the fact that there are now more than 100 women among the 633 First Nations chiefs.

"In my mind, that's not enough," says John Beaucage, former Grand Chief of the Anishinabek Nation. Beaucage is the only candidate for National Chief calling for broad electoral reform.

> **"We have no women running for National Chief because we have been assimilated to a patriarchal society."**
> Shirley Williams, Ojibway, Odawa elder, emeritus professor

"This election, win or lose, I'm going to challenge more of our women leaders to step up as (candidates for) National Chief in the next election," he says.

Beaucage believes the AFN should be more inclusive generally, advocating that all First Nations citizens be able to vote for the National Chief. Currently, only the chiefs choose the leader, leaving many Aboriginals — especially the 60 per cent of First Nations' members who live off-reserve — feeling disenfranchised.

"The political agenda is left to 633 chiefs for whom there is no standard or necessary qualifications to assume that role. Mostly, you just have to know people," Alberta novelist Richard Wagamese wrote in a recent CBC column.

For the next National Chief to truly represent the majority of First Nations' members who live off reserve, Wagamese argued, that leader must give urban Aboriginals a significant voice.

For Shirley Williams, that means making sure women's voices are not only heard, but at the table.

"Now that women chiefs are well-educated and coming up, I think we will have a woman as National Chief — some day," she says.

5 main issues of campaign

LAURA EGGERTSON
for Metro Canada

As the five candidates for National Chief of the Assembly of First Nations have criss-crossed the country campaigning, here are a few of the top issues that have emerged:

1 TRANSPARENCY
In response to media requests, Shawn Atleo and John Beaucage released limited details about the sources of their campaign funding. Candidates are allowed to spend $35,000 on their campaigns. Perry Bellegarde refused, and Bill Wilson and Terry Nelson promised to release details on their websites before tomorrow.

2 ELECTORAL REFORM
John Beaucage has suggested that all First Nations members should be able to vote for the National Chief instead of only the chiefs. Others reject the idea, arguing that the AFN is an advocacy body, and that political power belongs in local communities.

3 ECONOMIC DEVELOPMENT
All five candidates have addressed the need to alleviate poverty and develop additional revenue sources in their communities; proposed methods differ, from foreign investment to better enforcement of treaty entitlements.

4 HEALTH
The apparently disproportionate effects of influenza A (H1N1), also known as swine flu, on Aboriginal peoples, focused so far in Manitoba and northern Ontario communities, has the candidates calling for better pandemic resources and response and improved social conditions.

5 EDUCATION
All of the candidates acknowledge the importance of access to education, and they are leery of the federal government's "review" of post-secondary education funding, which the chiefs consider to be a treaty right.

ROBIN KUNISK/FOR METRO CANADA

First Nations women and children at a ceremony in Calgary on June 11, 2008 — the day the government of Canada formally apologized to residential school victims.

1.17 million people identified themselves as First Nations, Métis or Inuit, or 3.8 per cent of the total Canadian population.
Number of First Nations: 698,025.
Number of Métis: 389,785.
Number of Inuit: 50,485.

19.9 Percentage of First Nations people with high school or equivalent as highest level of education.

25.5 Percentage of Aboriginals and non-Aboriginals with high school diploma or equivalent as highest level of education.

5 Percentage of First Nations people with bachelor's degree from University as highest level of education.

18 Percentage of Aboriginal and non-Aboriginal people with bachelor's degree from university as highest level of education.

27 Percentage of First Nations children under age 6 living off-reserve being raised by parents aged 15-24.

8 Percentage of non-Aboriginal children under age 6 being raised by parents aged 15-24.

Injuries
Leading cause of death among Aboriginal people: Injuries (including suicide, motor vehicle accidents, drowning, homicide), diseases of the circulatory system and cancer.

Diseases
Leading cause of death among non-Aboriginal people: Diseases of the circulatory system, cancer and respiratory diseases.

FIGURES COMPILED BY LAURA EGGERTSON FROM STATISTICS CANADA 2006 CENSUS

Suicide rate among First Nations youth
Figures in the 2006 census, according to Statistics Canada, show that suicide rates among First Nations youth are five to seven times higher than among non-Aboriginal youth. METRO CANADA

Focus On First Nations

5 candidates for AFN chief

Assembly of First Nations to choose one of these five to be their next leader in Canada

Chief Atleo

SHAWN ATLEO

At six years old, when Shawn Atleo walked through the Ahousaht village on B.C.'s Flores Island, the elders would stop him to explain his role and responsibilities in life.

As a hereditary chief, that role was to care for the land and support his people.

Now 42, Atleo, the chancellor of Vancouver Island University and a regional chief of the Assembly of First Nations, is taking that responsibility as a sacred trust.

He is running for National Chief of the AFN on a platform emphasizing consensus — the need for the country's 633 First Nations to work together to overcome shared challenges.

Those challenges include implementing and negotiating treaties, and improving the social conditions born of the impacts of residential schools, the Indian Act, and lack of access to economic opportunities, he says.

He cites Canada's unwillingness to sign the UN Declaration on the Rights of Indigenous Peoples as an example of the country's "long-standing non-recognition of our treaty rights," which will only be overcome if Aboriginals focus their collective efforts.

Atleo, a member of the Ahousaht First Nation, graduated with a masters' degree in education from the University of Technology, in Sydney, Australia. He is passionate about the opportunities education creates. He has served as the executive director of a family addictions treatment and run a post-secondary training institute.

He has lost childhood friends to violence, suicide, overdoses and HIV-AIDS.

"It's time to overcome the gap of understanding among people in this country," he says.

LAURA EGGERTSON/ FOR METRO CANADA

Support

- Atleo, the father of two young adults and "one grandpuppy," believes Canadians will support Aboriginals if they are better educated to understand their issues.

Chief Bellegarde

PERRY BELLEGARDE

As the first status Indian to graduate from the University of Regina in business administration, Perry Bellegarde understands the importance of economic development for Canada's Aboriginal Peoples.

That's why Bellegarde, 46, emphasizes the "four Es" as he runs for National Chief of the Assembly of First Nations: Education, Economic Development, Economic Self-Sufficiency, and the Environment.

The former Grand Chief of the Federation of Saskatchewan Indians, Bellegarde grew up on the Little Black Bear First Nation in Saskatchewan's Qu'Appelle Valley. But he has "walked in both worlds," he says. He has also been a director of personnel at the Saskatchewan Indian Institute of Technologies and vice-president of the Crown Investments Corporation in Regina.

Bellegarde believes self-government is "empty and meaningless" until it is coupled with economic self-sufficiency, which requires access to land and resources, he says. At the same time, First Nations need to respect the environment.

Bellegarde also understands the importance of educational opportunities for aboriginal youth, including his three sons, nieces and nephews.

"Education and training is key for our people," he says.

"We need more and more First Nations people at all the decision-making tables," he says.

LAURA EGGERTSON/ FOR METRO CANADA

Funding cap

- As Grand Chief, Bellegarde would push the federal government to remove the two-per cent funding cap on transfers to First Nations' programs, would educate politicians and Canadians about the "Third World" conditions on many reserves, and plans to negotiate resource royalties from industry and governments.

Chief Beaucage

JOHN BEAUCAGE

John Beaucage knows that constitutional conferences are a scary prospect for Canadians.

But the 57-year-old Ojibway businessman, Chief of the Wasauksing First Nation and candidate for National Chief of the Assembly of First Nations wants one.

"We were promised another constitutional conference quite some time ago, specifically on First Nations' governance and First Nations' issues," says Beaucage.

Beaucage, who has spent much of his career as a property developer and manager, believes a constitutional amendment would give Aboriginal people more economic opportunity. Recognizing First Nations as an order of government would give them authority to levy taxes against resource companies operating in their jurisdiction, for example.

Economic self-sufficiency will also come by ensuring governments implement treaties, Beaucage adds, and by creating partnerships with non-native and native companies alike. He hopes to establish a blue-ribbon committee to focus on the on- and off-reserve Aboriginal economy.

"I've always said that my ancestors didn't sign the treaties thinking that their descendants would be forever poor," Beaucage says.

After growing up near Parry Sound, Ont., Beaucage graduated from the University of Western Ontario with an Arts' degree in English and economics.

"We should be more inclusive of all our citizens, no matter where they are. There is a disconnect between the AFN and our urban citizens," he adds.

LAURA EGGERTSON/ FOR METRO CANADA

AFN reform

- Alone among the other candidates, Beaucage calls for AFN reform, so all band members can vote for the National Chief, rather than only elected chiefs. One day, he'd like to see the votes of his four children and their children count.

Chief Nelson

TERRANCE NELSON

Terrance Nelson is anything but shy about the radical role he's playing in the campaign for the Assembly of First Nations' National Chief.

Electing the Chief of Manitoba's Roseau River First Nation would be a "nightmare scenario," according to the National Post's John Ivison, Nelson reports with pride. Former Manitoba premier Gary Filmon called him an "eco-terrorist," he repeats, almost gleefully. That's fine by Nelson, 56, who is on the governing council of the American Indian Movement south of the border.

The Ojibway leader wants foreign investors — particularly Chinese and Americans — to develop resources, from oil and gas to diamonds and hydro dams, on reserves. That would allow Aboriginals to build their own schools, health centres, and housing developments, as businesses, not handouts.

He's told the Dene and Inuit to meet with Americans about the Arctic, that "they don't need to be part of Canada if Canada is not willing to share the resource base with indigenous peoples."

Nelson, who graduated from the University of Manitoba with an undergraduate degree in psychology, intended to be a school counsellor. Instead, he's worked as a consultant, researcher and author, of books including Genocide in Canada.

His message to other chiefs: Change, and manage orderly change, or young Aboriginals will orchestrate chaotic change. Nelson's not out to destroy Canada, he insists. But "I've tapped into the anger and frustration, so expect some surprises in Calgary," he says. "Watch me, as Trudeau said."

LAURA EGGERTSON/ FOR METRO CANADA

Manitoba

- A self-taught economist, the father of five has gone to the courts to enforce treaty entitlements and to bond agencies to shame his province. In December 2006, his was the motion that proposed a National Day of Action.

TONY BOCK/TORSTAR NEWS SERVICE

Chief Wilson

BILL WILSON

Chief Bill Wilson readily admits he grew up in luxury, never enduring the deprivation he sees on many First Nations.

The son of a wealthy fisherman on Vancouver Island and a mother who excelled in throwing potlatches, Wilson, 65, was the "spoiled rotten" youngest of 17 children.

All the same, he's dedicated to alleviating poverty by providing Aboriginals with access to education and jobs.

"Learning is a way out of this," he says. "But if it's 28 below zero and you have no running water and no electricity, like many Indian homes, it's pretty hard to think that you're going to study by candlelight to become a Rhodes Scholar."

Wilson advocates building bridges to investors who will cut First Nations in on resource deals. Canadians must recognize and utilize the young Aboriginals who comprise the largest unemployed labour pool in the country, he says.

Those young people need skills and trades, and the opportunity to get the education he had. In 1973, Wilson graduated from UBC law school, though he has spent most of his career as a consultant, treaty negotiator and teacher of self-esteem, public speaking and confidence-building.

In that role he presses home his point about the value of work.

"If we get off our buns we can do anything we want, because we have thousands and thousands of brilliant Indian people, many of them living on reserves," Wilson says.

LAURA EGGERTSON/ FOR METRO CANADA

Ancestry

- Wilson is a member of the Cape Mudge First Nation, and is a Musgamagw/Kwawkgweth Aboriginal. Through his mother's people, the Kwikwasut'inux of Gilford Island, he is a hereditary chief.

Unemployment rates across Canada

According to Statistics Canada and the 2006 census, the average unemployment rate among First Nations people is 18 per cent. The average unemployment rate among total Aboriginal and non-Aboriginal Peoples in 6.6 per cent. METRO CANADA

Focus On First Nations

KRISTEN THOMPSON/METRO CANADA

Vancouver artist Pamela Masik is shown in Vancouver's Gastown June 24, at the unveiling of Mona — the first of 69 paintings she created depicting missing Downtown Eastside women.

Aboriginal women missing

80 per cent of 3,000 missing women in B.C. are from First Nations

DANIEL TAM
for Metro Canada

About 3,000 women have disappeared in British Columbia — about 80 per cent of them Aboriginal — and so far, no public inquiry has been launched, no massive police investigation is planned, and as the decades pass the number continues to grow.

Bernie Williams, who knows some of the family members of the "mothers, sisters and daughters" who disappeared, said not knowing whether they're still alive is an struggle.

"You just keep … hoping that one day there's going to be answers for the families," Williams said. "(They) need closure and answers."

Williams grew up alone. Her mother and two sisters were all killed in the Downtown Eastside in the 1970s in separate incidents. But she knew their fate, unlike some of the people she met in the foster homes and residential schools she was raised in.

They deserve a public inquiry, she said.

To push the issue, Williams co-founded Walk4Justice, a group of trekkers who last June began a march to Ottawa to draw attention to the ongoing issue. Along the way, the group stopped at the farm where serial killer Robert Pickton took Downtown Eastside women who were never seen again.

RCMP "E" Division spokesman Rob Vermeulen with the Joint Missing Women's Task Force said people don't hear about the behind-the-scenes efforts.

A poster with 69 of the missing women was created at the time of the Pickton investigation.

"There were also another 103 reports of missing women who didn't make it to the poster … and were all found," Vermeulen said. "There's a lot of other work going on."

Williams said she feels Aboriginal women are preyed on.

"I feel because they're poor, they're more vulnerable," said Williams. "It's because of their lifestyle that they're easier to be attacked. These are very trusting women, too."

Only a public inquiry, she said, can bring peace to their relatives.

Highway of Tears

- Bernie Williams said women are still disappearing today, from urban centres and from the stretch of Highway 16 near Prince George dubbed the Highway of Tears. At least 18 women have gone missing there.

5 pressing issues

LAURA EGGERTSON
for Metro Canada

During the Assembly of First Nations' annual meeting in Calgary and the election of the National Chief, the 633 chiefs attending also pass resolutions indicative of the most pressing issues in their relationship with the federal government and the rest of Canada. Based on the resolutions, and conversations with First Nations members, look for these topics to dominate the next four years:

1 TRUTH AND RECONCILIATION

Survivors of residential schools are anxious to see the stalled Truth and Reconciliation Commission get underway under new chair, Justice Murray Sinclair.

Former students need to tell their stories; they also need Canadians to hear them.

2 FUNDING

For the last 10 years, the federal government has placed a two per cent cap on its core funding of programs to Aboriginal Peoples.

Although Ottawa has budgeted $10.8 billion in 2009-10 (across all federal departments), the chiefs want the cap removed, arguing it doesn't keep pace with demographics and cost of living, particularly in education and health. Indian Affairs and Northern Development says it reallocates within that cap to fund the most pressing needs.

3 YOUTH SUICIDE

Young Aboriginal people have a suicide rate estimated at five to six times the national average.

A resolution calling for a National Aboriginal Youth Suicide Prevention Strategy is on the floor.

4 ECONOMIC DEVELOPMENT

Chief Don Moses of B.C.'s Lower Nicola Band is calling for the creation of a First Nations Business Institute to provide grants, contributions or loans to First Nations businesses.

Sky-high unemployment rates on reserves are driving this proposal. Access to resources on Aboriginal land is also a hot topic, and the chiefs also want a federal economic development strategy for Aboriginal Peoples.

5 GOVERNANCE

The federal government is increasingly pushing First Nations for transparent accounting and governance practices on reserves; many chiefs consider this an autonomy issue and push back.

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Federal funds for First Nations equals about $18K a person a year

CHARLES DAVIES
for Metro Canada

Stories of deprivation, poverty and illness in First Nations communities are so common that they pass unnoticed by most Canadians.

Homes on the Fort Albany First Nation in northern Ontario are contaminated with mould, yet families continue to live in them, risking respiratory problems.

Members of communities across the country are held at greater risk of contracting the H1N1 virus than other Canadians. And then there's the Cree First Nation's Kashechewan Reserve in northern Ontario, where periodic evacuations due to flooding have been punctuated by tales of tainted water, substandard housing, addiction and suicides.

If money alone could solve aboriginal problems, living conditions for Canada's more than 600 native bands would be far better than they are.

This fiscal year alone, the Indian Affairs and Northern Development Department will spend $6.9 billion on First Nations and Aboriginal Peoples, an increase of nearly 11 per cent from the previous year.

To put it in perspective, Indian Affairs accounts for slightly less than three per cent of all federal spending.

That's small compared to Human Resources and Skills Development, $42.2 billion, and National Defence, $19.2 billion, but it surpasses the $2.6 billion that will be spent on the Royal Canadian Mounted Police.

What's important, however, isn't that Indian Affairs spends roughly $18,000 a year for every Aboriginal person, but how the money is doled out and managed.

Under the Indian Act of 1876, still the dominant legislation governing Aboriginal Peoples, federal cash flows to individual bands for everything from education, health and housing to economic development and resource management.

While the act itself doesn't deal with accountability, each First Nation must submit an audited annual financial statement to Indian Affairs.

And since last July, Indian Affairs has reserved the right to do forensic audits of individual spending programs.

The move to tighten accountability comes after too many instances of financial mismanagement by band councils. Sometimes corruption is at the root, but more often the problem is one of competence.

Two years ago, the auditor general noted that three-quarters of all First Nations were run by inexperienced, untrained staff who bungled everything from housing construction to water purification systems.

In some cases, such as Alberta's Pilkani Nation and Ontario's Pikangikum Nation, Indian Affairs has had to temporarily take over control of finances.

The department itself doesn't score much better, given its predilection for paperwork and bureaucracy, and instances of inadequate financial management in British Columbia and Manitoba. Money gets spent, but often there's little monitoring, and little or nothing is accomplished.

Three per cent of budget

- This fiscal year alone, the Indian Affairs and Northern Development Department will spend $6.9 billion on First Nations and Aboriginal Peoples, an increase of nearly 11 per cent from the previous year. To put that amount in perspective, Indian Affairs accounts for slightly less than three per cent of all federal spending.

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White House stands by August goal for health-care bill

White House budget director Peter Orszag said yesterday the administration was sticking with its goal of having the Senate and House of Representatives pass their versions of a health-care overhaul bill before they break for their August recess. REUTERS

World

Airline staff on flu lookout

British Airways has told its check-in staff to look out for passengers showing symptoms of influenza A (H1N1), also known as swine flu, and to alert doctors who could bar them from boarding a flight, the airline said yesterday. Calling the measures "standard practice" for a medical situation, a spokeswoman said only a handful of people had so far been turned away as a result of the medical checks. REUTERS

Helicopter crash kills 16

Civilian aircraft falls at NATO base in southern Afghanistan

A civilian helicopter under contract for NATO forces in Afghanistan crashed at a military base in the south of the country yesterday, killing 16 people and wounding five others, the alliance said.

Capt. Ruben Hoornveld, a Dutch NATO spokesman at Kandahar Air Field, said there was no enemy involvement in the crash, which took place as the helicopter was taking off from the base, NATO's headquarters in the south of the country.

Russia's Interfax news agency described the helicopter as an Mi-8 transporter, operated by a Russian firm, which had 17 passengers and three crew on board at the time of the crash. It gave the death toll as 16.

NATO troops in Afghanistan rely heavily on aircraft from the former Soviet Union for cargo and transport flights in a country where travel by road is often difficult. REUTERS

2nd incident

- Last Tuesday, six Ukrainian crew members died aboard a Soviet-built Mi-26 transport helicopter that crashed in Helmand province.

India **Frog marriage**

RUPAK DE CHOWDHURI/REUTERS

A woman performs rituals during a frog marriage at Madhyabaragari village in India yesterday. The frog marriage is a traditional ritual observed by the rural folk to appease gods to bring in rain and ensure a good harvest.

Bombings have militant hallmark: Police

JAKARTA Indonesian police said yesterday that deadly attacks on two Jakarta hotels used the same methods and equipment as previous bombings by a militant Islamist group.

Investigators were working to reconstruct the face of one of the suspected suicide bombers from Friday's attacks on the JW Marriott and Ritz-Carlton that killed nine people and wounded 53.

The blasts left some bodies so badly mutilated they were difficult to identify and two decapitated corpses were believed by police to belong to the suicide bombers.

Police said the bombers had checked in to the Marriott on Wednesday and had assembled the bombs in their room. A third bomb was found and defused in a room.

REUTERS/ASIPEN

A child places a flower in front of the Ritz-Carlton hotel yesterday in Jakarta, Indonesia.

Police spokesman Nanan Soekarna said the attacks bore the hallmarks of Jemaah Islamiah, the radical militant Islamist group responsible for a string of deadly attacks in Jakarta and Bali that seemed to end in 2005.

"The method, the equipment used is the same as both bombs in Bali and the one found in Cilacap," he added, referring to the Bali attacks in 2002 and 2005, and bomb equipment police recently found during raids in Cilacap, Central Java. REUTERS

Netanyahu defies U.S. on East Jerusalem settlement

ISRAEL Prime Minister Benjamin Netanyahu, saying he would not take orders over Israeli settlement in East Jerusalem, rejected yesterday a U.S. demand to halt plans to build more homes for Jews in the disputed area.

Netanyahu

New friction with Washington over the project to build 20 apartments in a part of Jerusalem captured by Israel in a 1967 war could deepen the most serious rift in relations between the two allies in a decade.

Israeli officials said the State Department had summoned Michael Oren, Israel's ambassador to Washington, and told him plans for the construction approved this month by Israel's Jerusalem municipality should be suspended.

"We cannot accept the idea that Jews will not have the right to live and buy (homes) anywhere in Jerusalem," Netanyahu said.

Netanyahu and President Barack Obama are already at loggerheads over the U.S. leader's call for Israel to freeze Jewish settlement on occupied land Palestinians want for a state. REUTERS

Honduras crisis talks deadlocked over return of president

NEGOTIATIONS Talks to resolve Honduras' political crisis dragged into a second day yesterday, with negotiators for deposed President Manuel Zelaya and coup leaders deadlocked over his proposed return to power.

Both sides at the talks in the Costa Rican capital appeared to agree over the creation of a coalition government for Honduras, but one major stumbling block remained — Zelaya's reinstatement as president.

Zelaya, a leftist, was ousted in a June 28 military coup, and the de facto government led by Roberto Micheletti has so far resisted all international pressure, refusing to accept any deal that includes Zelaya being restored to power.

Costa Rican President Oscar Arias is leading the U.S.-backed mediation efforts and proposed on Saturday that Zelaya be allowed to return to form a coalition government giving his rivals a share of power. REUTERS

News in brief

IRAN Iranian President Mahmoud Ahmadinejad has come under fire from hardliners for naming as his top deputy a man who said Iran was friends with everyone, including arch-foe Israel, local media said yesterday. Iran's Press TV said Esfandiar Rahim Mashaie "no longer wanted the job" of first vice president and had resigned because of the row. REUTERS

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Comment

Avoiding summer peril

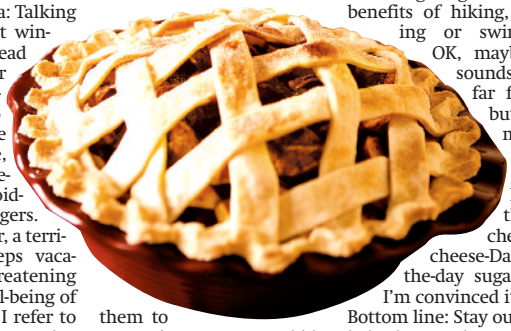
HineSight

Anne Hines

metronews.ca/hinesight

Ah, mid-July. Time to participate in one of the great pleasures of summer in Canada: Talking about how it isn't winter. Also, time to head to the cottage or campsite for a little relaxation. To help make the most of your time, I present the HineSight Guide to Avoiding Outdoor Dangers.

1. Every summer, a terrible scourge sweeps vacation country, threatening to destroy the well-being of all it comes near. I refer to the dreaded OPC or, as it's commonly called Other People's Children. When our own children run around the campsite, blasting squirt guns and screaming like banshees, they're charming, high spirited imps. When other people's children do this, they are ill-behaved future felons whose parents likely check out 12 grocery items in lines clearly marked "eight." However, it is wrong to wish OPC did not exist. We need them to entertain our own kids while we have a nap.



2. This peril of the northlands comes by many names. It may be Country Sweets, Pine Tree Pies or Little Shop of Lard. Whatever it's called, step in the door and you can practically hear your arteries slamming shut. There's a reason cottage country is full of bakeries. It's an evil plot by aliens intent on destroying humankind by seducing us into consuming fatty treats, thus negating the health benefits of hiking, canoeing or swimming. OK, maybe this sounds a little far fetched, but every morning when I hit that third-cherry-cheese-Danish-of-the-day sugar high, I'm convinced it's true. Bottom line: Stay out of the bakeshops. Then I won't have to wait in line.

3. Alcohol. Sure we've been warned, but many adults still go on vacation and end up foolishly mixing their alcohol. With board games. After one too many beers, it's not uncommon to believe you can buy Park Place with a sub-prime mortgage or that "gzerniq" is an excellent Scrabble word.

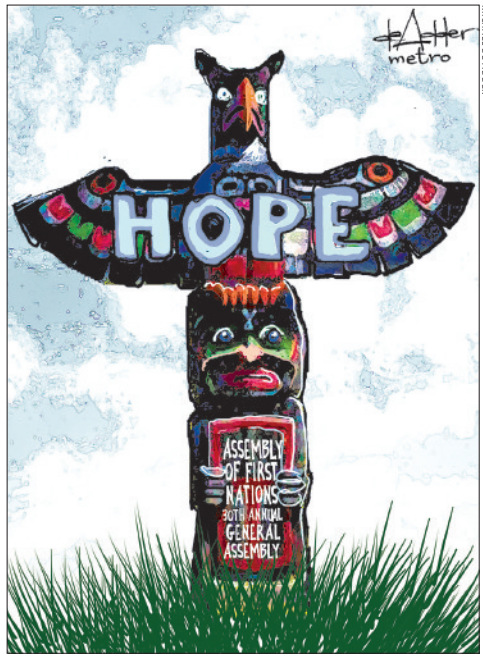
Alcohol mixed with card games is also a no-go. Recently, having enjoyed two gin and tonics, I was convinced I could win a Euchre hand with a fistful of 10s.

My partner, Liz, says she wouldn't have minded, except that we were playing Hearts at the time.

The lesson is clear: If you drink, don't deal.

Follow these suggestions and you'll find life in the wild a little less, well, wild. Next week, camping tips: The top 10 plants you should never use as toilet paper.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Worth mentioning

Celeb playlists pump up the fitness volume

Music can be as crucial to exercise as water and spandex, and a spinning instructor's playlist or an iPod's inventory can make or break a workout. As part of its branding strategy, the upscale fitness club chain Equinox has enlisted artists like Madonna, Stevie Nicks, Cyndi Lauper and Michael Buble to submit their own playlists for EQ Sessions Celebrity Sets that will launch at Equinox.com this fall.

Equinox pays close attention to the connection between music and fitness. In addition to programming the music played in the clubs, the company's creative director curates monthly playlists — EQ Sessions — that, like the celebrity playlists will be, are available through the Equinox website. Links take users directly to iTunes, where the playlists are organized through iTunes' iMix function for purchase at the tracks' standard price.

Equinox creative director Bianca Kosoy says the company's approach to music is part of a broader strategy to curate a lifestyle experience for members.

"On the whole our target demographic is successful, and they are more drawn to making a purchasing decision, including joining a gym, based on the feeling that they are going to be introduced to the new and noteworthy," Kosoy says. "Music is obviously a very high-profile touch point for them."

There isn't a financial arrangement between Equinox and participating artists, beyond the promotion of the lists using the celebrities' names. REUTERS

Views

Commuter rage simmers in heat

InTransit

Derek Moscato

dmoscato@yahoo.com

Last week, in the Downtown Eastside, a woman allegedly had a gun pointed at her by an enraged driver after she encouraged him to slow down by throwing a single potato chip at his truck.

The man has since been arrested and charged with assault, impaired driving and pointing a firearm.

But the spud spat points to a larger rage problem. Every summer, it seems, the hotter weather causes some to completely lose it on our congested streets — leading to screaming matches and golf club attacks.

And it's not just drivers who are responsible for this nasty behaviour. On city transit recently, incidents involving passengers have been uglier, and more dangerous.

Last Sunday, on a bus in Maple Ridge, a pack of teens confronted a man and beat him to a near pulp. Their motive for attacking him? He had asked them to stop ringing the bell obnoxiously between every bus stop.

At around the same time, another man was assaulted on a bus crossing the Lions Gate Bridge into North Vancouver. He suffered a broken nose and jaw.

So what's happening out there? Testosterone- and booze-fuelled stupidity is part of the story.

But other commuter rage exchanges, from middle finger salutes to dangerous tailgating, have a more mundane explanation.

"On ciy transit recently, incidents involving passengers have been uglier and more dangerous."

According to Dr. Leon James, an expert in road rage from the University of Hawaii, some of the blame lies with the state of congested roadways in big cities.

According to his 2002 paper, "traffic filled with impatient and aggressive drivers creates many hair-raising close calls and hostile incidents … Physiological stress is thus produced, along with many negative emotions — fear, resentment, rage, helplessness, bad mood, and depression."

No wonder more people want to get around by bike or foot these days.

•••

Vancouver Mayor Gregor Robertson deserves full credit for seeing the Burrard Street Bridge bike trial through to its controversial launch last Monday.

The initiative may have its logistical flaws, but it represents a much-needed shake-up of the status quo.

The key now is to build upon the venture's early success and to get more commuters on bikes to make the best case for cycling lanes.

If the city can better address the needs of Burrard Bridge walkers and bus riders as well, there's no reason why at least one bikes-only lane can't be a more permanent fixture.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Metro Online Poll Results

85% SAID YES	Are you concerned about Facebook storing personal information? *Weigh in on today's question at metronews.ca*	15% SAID NO

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Icahn champions Microsoft-Yahoo search deal
Activist investor Carl Icahn spoke out in favour of a search deal between Yahoo Inc. and Microsoft Corp., as talks between the two companies appeared to regain momentum. Icahn had tried to broker a partnership between the two companies last year, when talks on Microsoft's $47.5-billion US takeover bid for Yahoo fell apart. REUTERS

Business

United Technologies chair divorces

United Technologies chairman George David, left, and Swedish countess Marie Douglas-David reached a settlement Friday in their nearly two-year-long divorce battle, according to the Hartford Courant. The court squabble became tabloid fodder for New York and Connecticut newspapers, which reported details of infidelity and luxurious spending. David previously served as chief executive of the world's largest maker of elevators and air conditioners. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Cost-cutting gains may turn to pain, analyst says

RECESSION Much of Corporate America has slashed costs during the recession, but welding the knife too heavily could also remove the ability to grow in a recovery. "If you cut into flesh long enough, eventually you find bone," said David Rosenberg, chief economist at Gluskin Sheff in Toronto. "Cost cutting is not a bottomless pit."

Others, however, warn additional cuts are needed to match the fact Americans are saving more and have less access to credit.

Firing people, hiring freezes, halting investments, and slicing budgets are time-tested ways to save. A slew of companies reported better-than-expected first-quarter results because aggressive budget slashing more than made up for falling sales. REUTERS

Inflation's first slide since '94

Consumer prices down 0.3%, but major deflation unlikely

Tumbling energy costs thrust Canada's annual inflation rate in June into negative territory for the first time in 15 years.

Statistics Canada reported yesterday that consumer prices fell 0.3 per cent compared with the same month last year.

In theory, the negative reading marks Canada's first trace of deflation since November 1994, and the biggest drop since August 1955.

Economists, however, say June's result is unlikely to trigger widespread deflation. Nonetheless, the first signs of negative inflation added fresh fuel to the debate on whether the government ought to bulk up its fiscal stimulus plan.

"Negative inflation leaves room for further stimulus without much risk of fuelling excessive inflation," said Erin Weir, an economist with the United Steelworkers. "The government of Canada should be formulating a second stimulus package because its first stimulus package was too small, a low debt-to-GDP ratio affords ample room to finance more stimulus, and more stimulus will be needed to create jobs even after economic growth resumes."

He argues additional short-term stimulus and long-term public investment will create more jobs.

While the recession could end this year, it could take up to two years for a job market revival based on historical patterns. Enhanced Employment Insurance benefits would also deliver "stimulus dollars" directly to households, he said.

TORSTAR NEWS SERVICE

Leaders stay the course on stimulus

- Earlier this month, world leaders at the G8 summit decided to stay the course on stimulus, despite signs of economic stability. They also agreed that countries should enact "exit strategies" once the recovery is in full bloom.

Business **in brief**

RETAIL Golden Gate Capital won an auction for Eddie Bauer Holdings Inc. with a $286-million cash bid and agreed to keep open most of its 370 stores, the bankrupt apparel retailer said Friday. A lingering U.S. recession left the firm $427 million US in debt.

COFFEE Starbucks Corp. should begin reaping benefits from slashing costs and closing stores, but analysts say growth could remain elusive until the economy heals. Several say it could be at least a year before Starbucks' U.S. same-store sales turn positive. REUTERS

Iraq **Refinery opens**

AZAD LASHKARI / REUTERS

A worker adjusts the valve of an oil pipe at Khurmala oilfield in Arbil, 310 kilometres north of Baghdad, on Saturday. Iraq's largely autonomous Kurdistan region opened a new oil refinery on Saturday, with a projected capacity of 40,000 barrels per day.

Canada takes U.S. Steel to court over Stelco cutbacks

TAKEOVER The Canadian government took U.S. Steel Corp. to court Friday over cutbacks at its Stelco subsidiary, Industry Minister Tony Clement announced.

Clement has filed an application to the Federal Court of Canada asking the company to comply with commitments made when it took over Hamilton, Ont.-based Stelco. "I am requesting that the court mandate that U.S. Steel meet its obligations and that it be fined for every day that it does not" — up to $10,000 a day, he said.

In March, U.S. Steel temporarily shut down most of its operations at two big former Stelco plants in Hamilton and Nanticoke, Ont., affecting some 1,500 jobs. REUTERS

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The rarest shot in golf

Paul Lawrie made a double eagle, the rarest shot in golf, yesterday in the final round of the British Open. The former Open champion hit a 4-iron into the hole on the par-5 seventh yesterday. It was the first double eagle — also known as an albatross — at the Open since Gary Evans in the opening round at Royal Troon in 2004. METRO NEWS SERVICES

Sports

Gonzalez still in hospital

San Diego Padres second baseman Edgar Gonzalez, left, remained in hospital yesterday with dizziness after he was he was hit in the head by a 93 m.p.h. pitch on Saturday. Gonzalez did not have a skull fracture or a concussion, but complained of dizziness and ringing in his ears, reports said.

METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Cink wins Open in playoff

59-year-old Watson falls just short of a record-tying win

Tom Watson's remarkable bid for a British Open victory at the age of 59 fell agonizingly short yesterday when he lost to fellow American Stewart Cink in a four-hole playoff.

Seeking a record-tying sixth Claret Jug, Watson squandered the chance to become golf's oldest major champion when he overshot the green before missing an eight-foot par putt on the 72nd hole.

Cink, who had earlier rolled in a 15-footer there for a birdie three to take the clubhouse lead on two-under 278 at Turnberry's Ailsa Course, took advantage to seal his maiden major title.

"I'm a little intimidated by this piece of hardware here," an emotional Cink, 36, said after being presented with the Claret Jug on the 18th green.

"There are a lot of emotions running through my mind and heart and I'm as proud as I can be to be here with this (trophy).

"It was fun watching Tom all week and I'm sure I speak for all the rest of the people too."

Cink won the first extra hole, the fifth, with a par when Watson took a five after hitting his approach into a greenside bunker and hitting an ugly third shot from the sand.

They each parred the second extra hole, the par-three sixth, before Cink effectively sealed the win at the par-five 17th with a two-putt birdie.

Watson double-bogeyed the hole after driving into thick rough on the right and taking two more shots to reach the fairway. REUTERS

EDDIE KEOGH/REUTERS

Stewart Cink holds the Claret Jug as he stands with runner-up Tom Watson yesterday after winning the British Open at the Turnberry Golf Club in Scotland.

Contador takes Tour de France lead

CYCLING Alberto Contador outclassed seven-time champion Lance Armstrong and the rest of the peloton to seize the Tour de France lead in the Alps yesterday.

The Spaniard surged ruthlessly with six kilometres left in the 207.5-kilometre 15th stage to collect the stage laurels and his first yellow jersey since his 2007 victory in Paris. REUTERS

Sports in brief

TRACK Double amputee Oscar Pistorius has given up trying to qualify for the 400-metre race at the world athletics championships in Berlin next month. The South African also failed to reach last year's Beijing Olympics having won a long battle over the right to compete with able-bodied athletes.

BASEBALL The Florida Marlins and representatives from Major League Baseball broke ground Saturday with South Florida officials on the team's new, retractable-roof stadium in Miami's Little Havana.

UFC The news from the doctors is good for UFC welterweight champion Georges St. Pierre. A groin injury sustained at UFC 100 on July 11 is not that serious, according to his management.

JAPAN Japanese marathon runner Keizo Yamada has hung up his sneakers at the grand old age of 81 — although he could be tempted back to run the odd half marathon. Yamada represented Japan at the 1952 Helsinki Olympics and won the Boston Marathon the following year.

CANCER Sue Burns, majority owner of the San Francisco Giants who was close friends with home run king Barry Bonds, has died. She was 58. Burns died late Saturday of complications from cancer, a team spokesman said. METRO NEWS SERVICES

Enforcer surprised to be an NHL pick

FocusOn FirstNations

Ashton Bernard wasn't ranked for June's NHL draft and didn't even bother to follow it on the Internet.

In fact, he was sitting with a friend in a restaurant in Charlottetown, eating a cheeseburger for lunch — oblivious to the fact the New Jersey Devils had just picked him 174th overall — when his cellphone rang. It was his agent.

"I knew the draft was going on and when I saw him calling, I said, 'No, this can't be happening,'" said Bernard, who hails from the First Nations community of Eskasoni, N.S.

"He said, 'Ashton, congratulations!' I said, 'What did I do?' He said, 'You've been drafted in the sixth round to New Jersey.' I had to hang up and call my parents right away."

He was too excited to finish the burger.

Bernard, who plays in the Quebec Major Junior Hockey League, is a good-news story for the small community of about 4,000. It has struggled recently with suicides and drug overdoses among youth, including four suicides in five months earlier this year that prompted the reserve to declare a crisis.

The 19-year-old was the second hockey player from Eskasoni to be drafted. He is proud to follow in the footsteps of his role model, Atlanta Thrashers draftee Chad Denny, and hopes he can inspire First Nations youth to do the same.

"It's a big thing for the community, especially for the kids growing up playing hockey," Bernard said. "It could really open some doors for them. Growing up there is hard, you know? It's only a good thing for this to happen to me."

The six-foot-four, 203-pound Bernard is a self-described "enforcer" who relishes playing a rugged game.

Kids in his community will get a first-hand look at Bernard this season as he chases his NHL dream. He was traded in the off-season to the Cape Breton Screaming Eagles, a team located less than an hour from his hometown.

"I know a lot of people who already have season tickets," Bernard said.

"We have a lot of kids growing up that are great hockey players. I hope they follow the right path."

MATTHEW WUEST/METRO CANADA

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More than 170 million trees are cut down every year just for paper used in Canadian offices, according to Change The World for Ten Bucks: 50 Ways To Make A Difference. Use both sides of the paper. Save old copy paper for notes. TORSTAR NEWS SERVICE

Going Green

Cost of keeping cool

A stand up fan uses 75 watts; a window unit, 100 watts. Running them for 12 hours a day will use 2.1 kilowatt-hours of electricity, costing about 21 cents. A 1,000-watt air-conditioner, running for three-quarters of the day will use 18 kilowatt hours, and cost about $1.80. A central air-conditioner can use up to 3,500 watts, or 63 kilowatt hours a day, and cost about $6.30. TORSTAR NEWS SERVICE

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Federal environment rules tame

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

This week Metro is focusing on the challenges facing Canada's First Nations. One contributing factor in the erosion of the traditional lifestyle and therefore culture is environmental degradation on reserves. Aboriginal peoples are at particularly high risk because traditionally, they depend on local fish and wildlife for a larger part of their diet.

In the 1970s the Grassy Narrows and White Dog reserves made headlines when large numbers of people living on these reserves were found to be suffering from mercury poisoning. This poisoning was traced to high mercury levels in waterways on the reserves, which lead to high mercury levels in the fish that were consumed by the residents of the reserves.

Unfortunately the experience of the Grassy Narrows and White Dog reserves residents is not unique. The construction of hydroelectric plants along the St. Lawrence River has lead to the contamination of the river, and land along the river in Ontario, Quebec, and northern New York State with PCBs.

PCBs are a particular problem for people who

FocusOn FirstNations

eat local fish and wildlife because they bioaccumulate.

PCBs are not very soluble in water, but are very soluble in fat. When PCBs enter a small fish's body, rather than being excreted, they are stored in the small fish's fatty tissues. If a larger fish eats 100 small fish it will store all the PCBs from the 100 small fish in its fatty tissues. If we then come along and eat 10 large fish, we will then be storing the PCB from 1,000 small fish in our fatty tissues.

Breast milk contains a high percentage of fat. If a mother has PCBs stored in her fat, she will pass them along to her child in breast milk. This is what has happened at the Akwesasne Mohawk Nation. The Akwesasne people had to stop eating local fish and wildlife because of the PCB levels that were found in their bodies and in doing so, part of their culture was taken away.

These problems persist on reserves to the present day. The Aamjiwnaang First Nation Reserve near Sarnia, Ont., is located in the heart of petrochemical manufacturing country. Their soil and water has been found to be contaminated with dioxins, PCBs, pesticides, and metals. The Aamjiwnaang people have to put up with odours, are unable to swim or fish from their rivers and have high rates of asthma in children. Speaking of children, at the Aamjiwnaang First Nation two girls were born for every boy and it is hypothesized that endocrine disrupters were to blame for this.

The Mikisew Cree and Athabasca Chipewyan First Nations in Northern Alberta are currently attempting to protect their traditional hunting and fishing grounds from environmental damage. They claim that the development of the Alberta oilsands is threatening their traditional way of life. They cite increased cases of cancer, lower water levels and a decline in the wildlife in the area. A British bank agrees with the First Nations and has donated $190,000 to the Cree to help fund a lawsuit against the Albertan and Canadian governments.

One of the major factors in environmental problems on First Nations lands is that the reserves are regulated by the federal government not by the provinces and federal environmental regulations are weaker than those of the individual provinces. So clearly Ottawa has to step up.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

FrogBox says their ergonomic boxes can be reused about 400 times before they're recycled.

Thinking outside the cardboard box

BOXES Not into hunting for cardboard boxes before you move? Vancouver-based FrogBox rents plastic boxes so you don't have to use cardboard boxes.

A week's rental for a one bedroom condo costs about $110. They will drop off plastic boxes at your old house and pick them up at your new place.

FrogBox, which also just opened in Seattle, estimates that Greater Vancouver uses about 450,000 cardboard boxes every month for moving, and Seattle uses about one million. FrogBox says their ergonomic boxes can be reused about 400 times before they're recycled.

"The amount of resources used by people using FrogBoxes for moving is drastically reduced," says company founder Doug Burgoyne. "Avoiding cardboard saves forests."

FrogBox, which uses bio-diesel trucks and has a solar-powered website, also gives one per cent of their sales to frog habitat restoration.

They recently gave to Mountain View Conservation in Langley, B.C., which is working to revitalize the Oregon Spotted Frog — Canada's most endangered species.

Visit frogbox.com for more information.

METRO NEWS SERVICES

Co-management can offer great gains

Eco-Minded

Kai Chan with Penny White

metronews.ca/ecominded

Aboriginals often refer to animals, plants, rivers, and mountains as relatives — a cultural trait that can lead to a close connection with the environment. In fact, co-management of ecosystems with First Nations people can offer great gains for our wildlife and ecosystems.

There are many examples where indigenous people have been removed from their lands, only to have those ecosystems degrade rapidly in the absence of traditional activities.

Rare Garry Oak woodlands on Vancouver Island are a great example. The savanna systems were sustained by traditional burning, which First Nations did in part for camas bulbs, a food source for many native peoples in the western United States and Canada. Without regular burning, this ecosystem gets taken over by underbrush. Several other threatened and endangered species depend on the Garry Oak ecosystems.

As sockeye salmon vanish and the mountain pine beetle causes colossal infestation in our forests, traditional ecological knowledge has never been more important for conservation and resource management. Fortunately, it has also never been so available, and several protected areas, such as the Gwaii Hanaas National Park, are being co-managed by federal or provincial governments with First Nations people. This collaborative model is appropriately respectful and makes just plain good sense.

FocusOn FirstNations

Aboriginal stewardship and traditional ecological knowledge:

- Coastal First Nations people were not strictly hunter/gatherers: They cultivated or enhanced many species of plants and animals.
- Coastal First Nations managed salmon rivers so effectively that they sustained bountiful catches over millennia — by some estimates, as great as the best years in recent history.
- Dire mistakes (for example, over harvesting) from the distant past were remembered through complex oral histories.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC. Penny White (Tsimshian First Nation House of T'amks in the Gispudwada clan) is a M.Sc. student at IRES. vancouverletters@metronews.ca.

Airport solar wind turbine a first for Canada

Evergreen Technologies of Vancouver has installed the first solar wind turbine lighting system in an airport application. The off-grid hybrid installation, now supplying power to light a pumping station at Vancouver International Airport, is the first installation of its kind at an airport in Canada.

The company completed the hybrid lighting system project in collaboration with Vancouver Airport Authority and Nav Canada. The project consists of an Innoair 1000 wind turbine and an InnoPV photovoltaic panel, which together are expected to generate approximately 2,000 kW/hrs of energy annually.

"This project results in the reduction of 1.8 tons of greenhouse gas emissions annually," says COO Michael McLennan.

The use of wind power not only has high environmental value, but also has the potential to reduce an airport's reliance on the power grid.

The project also fits within the mandate of the BC Energy Plan, which lays out an ambitious target to acquire 50 per cent of BC Hydro's incremental resource needs through conservation by 2020.

Power generated at the lamp standard, which is visible from the Canada Line and Grant McConachie Way, is being monitored through a software program that records all energy production.

Future projects may include larger, five to 10 kW wind turbines and will also be designed to create public awareness and acceptance for renewable energy sources.

METRO NEWS SERVICES

Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

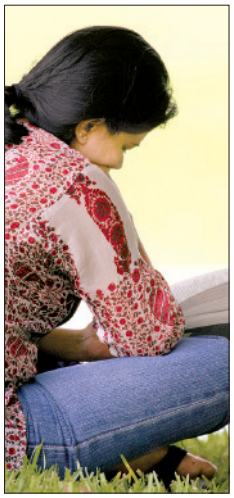
Workology

Students' studies jeopardized

Students from Mexico and the Czech Republic planning to study at Canadian institutions this fall are being told they may require a temporary travel visa on top of their study permit, given new visa rules effective last week. Schools such as the Universities of Alberta and Regina are assessing the impact of the new requirements, and are contacting incoming students from both nations to ensure they get the information they need as soon as possible. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Helping aboriginals feel at home in school



Many colleges and universities across Canada are trying to help aboriginal students feel more at home and welcome.

FocusOn FirstNations

JON TATTRIE
for Metro Canada

Many aboriginal university students are the first in their family to attend and suffer from culture shock, says Irvin Hill, aboriginal cultural liaison officer at Carleton University. His job is to bridge aboriginal and university cultures.

"A lot of aboriginal students who come to university face obstacles once they get here," he says. "There's a general lack of aboriginal culture within the institutions."

That applies to curriculum and lifestyle, he says, noting many universities are actively working to change that. In the meantime, aboriginal students may need support to adjust.

"We're here if they need any assistance, whether it's speaking to someone who understands their culture, maybe bringing an elder in so they can talk to an elder," he says. "We try to set up a community here so students will feel at home."

Carleton offers a minor in aboriginal studies under its Canadian Studies program, a sign that Canada's traditionally Euro-centric teaching of history is opening up. Schools such as Ontario's Lakehead University, Alberta's Red River College and Manitoba's First Nations University also offer aboriginal-centric programs.

"The curriculum is changing, but there are still some schools, even some colleges and universities, that have the outdated curriculum and information that is not correct," says Hill.

Wendy Drummond, special project coordinator at Royal Roads University in Victoria, says universities can play a vital role in "capacity building," which can turn struggling communities around.

Royal Roads works with the Yekooche First Nation, a remote B.C. village of 120 people. After a series of treaty negotiations with the provincial and federal governments, it began taking a larger role in its own governance.

"The chief and council recognized that they were not ready to assume the governance role the treaty would require. They contacted Royal Roads University to … assist in the development of capacity to assume governance responsibilities," explains Drummond.

The two groups developed the Learning Centre as a neutral space where Royal Roads could learn from the Yekooche community and vice versa.

"The Learning Centre … encouraged everyone's participation equally — children, youth, adults and Elders," says Drummond. "With each success they became a more invested member of the community. With this investment came a sense of responsibility and commitment to enhance what they could offer to make their home, community and nation a better place."

That in turn leads to better-run communities and more prosperous individuals, Drummond says.

Capacity building

- The United Nations Conference on Environment and Development defines capacity building as encompassing a community's "human, scientific, technological, organizational, institutional and resource capabilities." The goal is to "enhance the ability to evaluate and address the crucial questions related to policy choices and modes of implementation."

Your personal concierge

Lisa Brick is very organized. The Edmontonian spent 20 years doing administrative work at various companies and rose eventually to executive assistant.

"At first it was just a job and a way to support my family, but it became something I enjoyed doing," says Brick, who's now 44.

She had a diploma in administration, then went back to school to study business. "That was when I started thinking about maybe opening my own business."

Six years ago, a friend told her about a personal assistant service in New York. The company would pick up people's dry cleaning and buy their groceries.

"This is exactly what I do for my boss," thought Brick. She looked around and found similar companies in Canada, but none in Edmonton.

In September 2005, she launched VIP Concierge & Errand Service with her daughter, Sarah Conant, a recent theatre production graduate, as her only employee.

Within a week, they had their first client. Soon they were house sitting, finding plumbers, buying birthday gifts, getting oil changes and booking travel for an ever-growing list of well-to-do clients.

Brick soon had to hire more staff. Today she has four full-time staff (she calls them concierges) and 10 part timers. Conant now runs the event planning division of the company and has two staff helping her.

To build the company, Brick and Conant constantly network. Through their contacts, they get great deals on oil changes, nab hard-to-find sports and theatre tickets, secure last-minute dinner reservations to and get the best travel prices.

Brick still runs the business out of her home. Her day starts with scheduling: She looks over the requests from clients and organizes who will do what and when, and makes sure all the instructions are complete.

She then sometimes heads out the door — like many of her staff members — to hit the mall, the grocery store or the auto repair shop. But more often she spends time on the phone doing research for the company's top clients to find them everything from contractors to nannies.

It's a job that requires organizational skills and the ability to multitask. And while you'd think it'd be a drag to spend your days visiting the vet and picking up flowers, both Brick and her staff love it.

They're talking to people all day, often get to pick up high-end products they wouldn't normally buy for themselves, and are never stuck in an office.

"Running my own errands, I hate it, because I never feel I have enough time," says Brick. "But I like doing it for other people."

OddJobs

Diane Peters

Metronews.ca/oddjobs

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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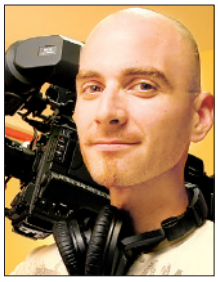
Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will focus on the parts of the entertainment industry that you don't see. Backstage Pass will look at the careers behind the camera and the curtain, so be sure to read Workology and metronews.ca/work every day.

Point and shoot across Canada

Cameraman tells of adventure and opportunity, but also warns of drawbacks

Backstage Pass

RAFAEL BRUSILOW
for Metro Canada



"Because you have to fight for everything, you definitely feel like you've earned it. Your success is a direct result of your effort."
Aizick Grimman

Aizick Grimman is a mercenary for hire, but instead of a gun, he carries a camera.

The 29-year-old freelance cameraman and photographer decided five years ago to make his love of photography and films into a career working for the best — and toughest — boss he could imagine: Himself.

Since 2004 his career has seen him hired for more than a few adventures, like travelling across Canada filming tours of haunted houses and flying to the United Arab Emirates to cover an education conference and film a documentary. He is principle camera operator on the health and lifestyle show Fit and Fabulous for Rogers TV and he also does corporate filming work, which he says tends to be the most lucrative of all.

While he considers live camerawork his main gig, like most freelancers in their respective industries, Grimman puts on many other hats as well. He regularly works as a video editor for CBC Newsworld, does freelance still photography and teaches editing and camera work at Seneca College. Operating as a jack-of-all-trades in his field means he keeps a relatively steady work schedule.

RAFAEL BRUSILOW/FOR METRO CANADA

Cameraman Aizick Grimman says one of his biggest challenges has been making sure he gets his due.

"I'm lucky because with all the hats I wear I'm never really unemployed," he said.

Starting out, Grimman says the biggest challenges were finding the confidence to move forward and being able to manage his finances. When he began freelancing, no one told him how much he should be charging or what a reasonable workday is supposed to look like and other freelancers were usually loathe to share their best advice and industry secrets.

These days he always keeps three months' salary tucked away and says his biggest challenge is making sure he gets his due.

"You're always fighting to be paid because you very rarely have a contract. The deal is almost always on a handshake and a nod. I've turned down jobs when I didn't trust the person's personality," Grimman said.

He finished a degree in Sociology and Communications from York University and worked in social services for a year before realizing his love for media was a passion worth pursuing.

He did a two-year Broadcast Television program at Seneca College in Toronto and set out to work as a freelancer.

The requirements of his job have seen him invest tens of thousands of dollars into equipment like cameras, lights and computers but he considers it all a part of running a business and shouldering the costs as well as the returns, something he says is ultimately rewarding.

"Because you have to fight for everything, you definitely feel like you've earned it. Your success is a direct result of your effort," Grimman said.

Through it all, Grimman has learned that nothing beats honesty and hard work.

"Really freelance is about trust. When people trust you enough, that's when you build clients," he said.

Freedom and challenge are a bit part of why Grimman loves what he does.

"There's so much freedom and creative control in what I do. I never feel like I'm stagnating," he said.

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

Workology in **brief**

STRIFE A new study by the University of British Columbia states that male university students are just as likely as female students to be victims of physical or emotional violence. Of the students who experienced violence, 59 per cent of males and one-third of females said they had been drinking when the violence occurred, while nearly half of the emotional violence reported by both genders came from intimate partners. HEATHER BUCHAN/FOR METRO CANADA

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Depp wants to play Channing

Johnny Depp has his eye on a gender-bending movie role — he would love to portray actress Carol Channing in a biopic. "My dream role would be to play musical legend Carol Channing in a biopic of her life," he said. FEMALEFIRST.CO.UK

Entertainment

Leaving Idol?

Paula Abdul's manager says his client will ditch American Idol unless producers change their tune. "Very sadly, it does not appear that she's going to be back on Idol," her manager said. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

New wave of aboriginal talent

MAUREEN LITTLEJOHN
for Metro Canada

A new surge of aboriginal talent is cresting across the country, following in the wake of icons such as playwright Thompson Highway, actor Graham Green, and singer Buffy Sainte-Marie.

Waawaate Fobister, a 25-year-old Anishnaabe artist from Grassy Narrows First Nation, swept the Dora Awards earlier this month with his debut play Agokwe. The play scooped statuettes for outstanding production, new play, performance by a male principal, director, costume designer and lighting designer.

The one-man show, staged at Buddies in Bad Times theatre last year, focused on the attraction between two teenage Aboriginal boys. Fobister, a traditional dancer, seamlessly played each character including the boys (one a hockey player, the other a grass dancer), an alcoholic mother and a flamboyant narrator.

"I always talk about what's important to me, which is my language, heritage and culture. It is not my goal to educate people, but they can get a taste of it in some of my work," explained Fobister in an interview from Big Grassy reserve where he teaches youth theatre and dance.

Here is a look at other artists who are leading the crest:

• Crystal Shawanda, a bluesy country singer from Wikwemikong reservation on Manitoulin Island, has been taking the radio waves by storm since she released her debut album Dawn of a New Day last year.

It reached No. 2 and 16 on the country music charts in Canada and the U.S., respectively. Shawanda cleaned up at the 2008 Canadian Aboriginal Music Awards, winning five awards including Best Album of the Year.

This weekend she plays the Mother Earth Festival on Georgina Island.

• Since collaborating with Icelandic artist Bjork in 2004, Inuit throat singer Tanya Tagaq Gillis has been hypnotizing audiences internationally. The Nunavut singer has performed with Kronos Quartet and Scottish fusion band Shooglenifty.

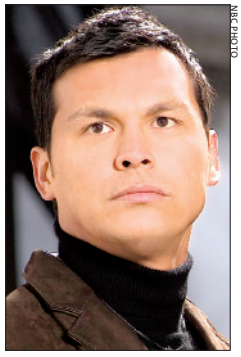
She has won four Canadian Aboriginal Music Awards and her recent album Auk/Blood was nominated for a Juno award this year.

• Kevin Loring, a member of the Niaka'pmux First Nation in Lytton, B.C., premiered his first play, Where the Blood Mixes, at the Luminato festival in Toronto last year. It will be performed in Vancouver at the Firehall Arts Centre during the 2010 Olympics.

Loring, also an actor, appeared in Hosanna at the Manitoba Theatre Centre and the film Pathfinder. He is the Playwright-in-Residence at the National Arts Centre for 2009-10.

• At age 37, Adam Beach has garnered more than 50 movie and TV credits. The Saulteaux actor, born on the Dog Creek reserve in Manitoba, starred in the films Flags of Our Fathers, Windtalkers, Smoke Singles and the made-for-TV movie Bury My Heart at Wounded Knee.

He was also Detective Chester Lake on 21 episodes of Law & Order: Special Victims Unit from 2007 through 2008.



JACK FOX

MICHAEL STUPARYK/TORONTO STAR

Adam Beach, left, has more than 50 TV and film credits, while throat singer Tanya Tagaq Gillis has been hypnotizing audiences.

FocusOn FirstNations

weekend box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **Harry Potter and the Half-Blood Prince:** $79.5 million US
2. **Ice Age: Dawn of the Dinosaurs:** $17.7 million
3. **Transformers: Revenge of the Fallen:** $13.8 million
4. **Brüno:** $8.4 million
5. **The Proposal:** $8.3 million
5. **The Hangover:** $8.3 million
7. **Public Enemies:** $7.6 million
8. **Up:** $3.1 million
9. **My Sister's Keeper:** $2.8 million
10. **I Love You, Beth Cooper:** $2.7 million

REUTERS

Kenya'sStyle

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

primetime 7/20/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Triple Sensation (N) (CC)		Just for Laughs (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	How I Met	Engagement	The Soup (N)	Wildest TV	Final 24 (N) (CC)		CHEK News at
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Law & Order (CC)		Law & Order: Criminal Intent		CSI: Miami "Tipping Point"		CTV News
	-	-	10 OMNI	The Daily	Frasier (CC)	One Tree Hill (CC)		The Practice (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "The Softer Side"		Lie to Me "Unchained" (CC)		The Unit (CC)		News
	256	389	12 VI	The Road to Avonlea		Gossip Girl (CC)		Two/Half Men	Big Bang Th	Stargate Atlantis "Instinct"		News (N)
	253	359	13 CITY	Law & Order: SVU		The Bachelorette "The Men Tell All" (N) (CC)				(:02) Dating in the Dark (CC)		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	One Tree Hill (CC)		Gossip Girl (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	How I Met	Engagement	Two/Half Men	Big Bang Th	CSI: Miami "Tipping Point"		News
	287	379	16 NBC	Evening Mag.	Inside Edition	Great American Road Trip (N)		Law & Order: Criminal Intent		The Wanted (CC)		KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	How Clean	Kim	Love It or List It		The Good Witch (2008, Drama) Catherine Bell.		
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelorette "The Men Tell All" (N) (CC)				(:02) Dating in the Dark (CC)		KOMO 4 News
	-	-	22 KVOS	M*A*S*H	Seinfeld	Life in the Balance (2001, Drama) Bo Derek, Stewart Bick.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow (CC)		History Detectives (N) (CC)		Aiming for the Moon		View-Space
	290	382	23 FOX	Two/Half Men	Two/Half Men	House "The Softer Side"		Lie to Me "Unchained" (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	26 PBS	American Future: A History		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	24 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	25 TLA	Two/Half Men	Two/Half Men	One Tree Hill (CC)		Gossip Girl (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	66 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	63 NW	Tragedy of the Space Shuttle		CBC News: The National (N)		CBC News: The National		Tragedy of the Space Shuttle		National
	500	500	68 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	62 RSP	Beach Volley.	Beach Volley.	Best Damn Sports Show		UFC: Access	MMA Conn	Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	SportsCentre (Live) (CC)			Off the Record	2009 ESPY Awards (CC)				SportsCentre
	411	457	49 OLN	(5:00) Cycling	Bounty Hunter	Cycling (CC)					Bounty Hunter	Departures
	410	403	24 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	65 SC	Barrett-Jackson		Car Crazy (N)	Pass Time	Performance Engineering		SuperCars	SuperCars	Auctions
	416	409	144 GLF	Fútbol Brasileño		Gol TV News	Ole: La Liga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	29 YTV	The Next Star 2 (CC)		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	The Next Star 2 (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Undersea	Landscape	First on the Moon		In the Shadow of the Blues		On Screen (CC)		Ravens
	575	583	20 CMT	Hope & Faith	Hope & Faith	CMT's Greatest		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	MuchNews	Video on Trial	One Tree Hill (CC)		Shot at Love-Tila Tequila		MuchNews	Video on Trial	Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		Marriage	Income Prop.	My First Place	For Rent	House
	615	520	61 A&E	Obsessed Weight of objects.		The Cleaner (CC)		Intervention "Allison" (CC)		Intervention (CC)		Obsessed
	628	584	82 SPKE	4th and Long (N)		Jesse James Is a Dead Man		CSI: Crime Scene Invstgtn.		Spike's Most Amazing Videos		Disorderly
	521	560	40 TLC	Cake Boss (N)	Cake Boss	The Tiniest Toddlers (CC)		Michael J. Fox: Optimist		Cake Boss	Cake Boss	18 Kids-Count
	616	522	69 SHO	The Outer Limits "The Donor"		Cashing In	Kink in Hair	Family in Hiding (2006, Suspense) Brenda Strong. (CC)				House (CC)
	620	523	70 BVO	(5:00) Aida		Law & Order "Betrayal" (CC)		Without a Trace (CC)		East Is East ★★★ (1999) Om Puri. (CC)		
	601	562	41 SLC	In Laws	In Laws	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	72 DIS	American Loggers (N) (CC)		Direct From the Moon		MythBusters (CC)		American Loggers (CC)		Dirty Jobs
	522	506	44 HIS	NCIS "Sandblast" (CC)		History's Secrets (CC)		Turning Points (CC)		NCIS "Sandblast" (CC)		Marine Mach.
	627	528	45 SPC	Torchwood: Children of Earth		(:15) Stargate SG-1		Star Trek: Next Gener.		(:15) Pretty Bloody Women.		Torchwood
	294	650	47 TBS	Name Is Earl	Name Is Earl	Bill Engvall	Bill Engvall	Sex and-City	Sex and-City	Cheaper by the Dozen ★★ (2003) (CC)		
	619	525	48 TROP	Once a Thief (CC)		Carlawood (N)	Prod. Parker	Ground Up		Are You Smarter		Weekend
	603	561	52 FN	At the Table	At the Table	Restaurant Makeover (CC)		Unwrapped	Unwrapped	Food	Glutton	Food
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Mike Marino: N.J. Bad Boy		Daily Show
	320	621	30 CEN	(6:15) December Boys ★★		Durham County (N) (CC)		Nurse Jackie	Californication	Dexter (CC)		Durham
	581	566	101 MTV	16 and Pregnant "Farrah"		MTV Live	After	Super Sweet	Super Sweet	16 and Pregnant "Farrah"		MTV Live
	261	394	102 V	Galileo's Sons		Poltergeist: The Legacy		Apollo: The Race to the Moon (N) (CC)			Conspiracy Theory	
	-	-	105 MUL	Banquet	Kingdom-Wind	Can't Live Without Her		Marimar		Pinoy	Pinoy Records	Patrol World

critics'corner

Triple Sensation

The eight remaining contestants reflect on their journey so far as they move from master classes to workshop presentations, performing group dance numbers, songs and scenes from plays with coaching from Adrian Noble and Sergio Trujillo. At the end, two of the hopefuls are sent home. 8 PM on CBC

Torchwood: Children of Earth

This chilling five-part miniseries, airing over consecutive nights, served as the third "season" of the hit British sci-fi show. As it opens, the future of the human race is in grave danger as every child in the world stops his routine to announce, "We are coming." Jack's (John Barrowman) investigation leads him into a trap in which an awful truth stands ready to be revealed. Eve Myles and Gareth David-Lloyd also star. 7 PM on SPC

Fred finds love

It's wedding bells for Limp Bizkit frontman Fred Durst and girlfriend Ester Nazarov. Durst, 38, tweeted on Thursday, "cheers to the universe from me and my lovely wife Ester Durst!! We are now one and complete." PEOPLE.COM

Celebrity Buzz

Madonna to visit injured

TRAGEDY Madonna continues to pay tribute to those killed or injured when part of her concert set collapsed on stage workers at a Marseilles stadium, people.com reports.

The singer was scheduled to visit some workers yesterday, city officials told People. The injured are in three local hospitals, and Madonna will visit some or all of them.

The accident occurred July 16 when a crane raising the roof of the stage collapsed. A French lighting technician, Charles Criscenzo, 53, was killed on the stage, and Charles Prow, 23, from Great Britain, died shortly after in hospital. At least eight other workers, some part of Madonna's travelling stage crew, were hospitalized. An investigation has been launched to determine the cause of the accident. METRO NEWS SERVICES

Exhausted Ne-Yo speaks out

PUSHED TOO HARD Ne-Yo has spoken out after walking offstage during a concert Thursday, femalefirst.co.uk reports.

The singer told fans he wasn't feeling well at the start of his Manchester show. Fans watched as the sweat-drenched star struggled to move and propped himself up on a table before exiting the stage for a break.

A tearful Ne-Yo then reappeared, telling the audience, "I've never not completed a show, I've never done this before."

On his blog, Ne-Yo explained: "I have an issue with not knowing when to say enough is enough, so last night in Manchester, my body said it for me.

"For the last five days I've been dealing with a sinus infection. I paid it no real mind, and kept on going, like I always do. My voice couldn't take it."

METRO NEWS SERVICES

Lauren slams Heidi

FIGHTING WORDS In the August issue of Harper's Bazaar, Lauren Conrad takes Heidi and Spencer Pratt to task over their fame-seeking ways — and her former BFF's boob job.

When asked why Heidi decided to pose in Playboy, Conrad slyly referred to a breast enlargement, replying: "They're not going to pay for themselves."

Her digs didn't stop there. "I don't call magazines and let them know about things so they can write stories," she said of the Pratts. "There was never an incentive to keep doing The Hills so I could get into (Hollywood club) Les Deux. That was never the point."

METRO NEWS SERVICES

Janet and Jermaine split?

TOUGH FEW WEEKS On July 7, Michael Jackson's family gathered to celebrate him at his much-watched memorial service.

Noticeably absent? Janet Jackson's longtime music exec boyfriend, Jermaine Dupri, usmagazine.com reports.

And for good reason: "His friends are telling people it's over," a source told Us Weekly. Echoed another: "They have been moving in different directions for a while."

So what drove Jackson, 43, and Dupri, 36, apart after nearly seven years together? "You shouldn't mix business with pleasure," a mutual pal explained. (Dupri produced several tracks on Jackson's last two CDs.)

"Janet felt their lives were too crossed and they should have kept things separate."

Plus, the polar opposites were never too compatible.

"Jermaine likes to be out there, mingling with everybody, and Janet's more shy." Jackson's rep couldn't be reached, usmagazine.com adds.

METRO NEWS SERVICES

Tom shoulda put a ring on it

BEYONCÉ'S BIGGEST FAN Tom Cruise was spotted getting into a Beyoncé Knowles concert in Los Angeles recently, according to People magazine. Cruise reportedly started dancing to Single Ladies (Put a Ring on It), re-enacting the choreography Knowles made famous in her video for the single. "Everyone was laughing and taking pictures," a source told the magazine.

METRO WORLD NEWS

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Hollywood hotel bomb scare

CLOSE CALL While police were investigating a bomb scare at the Four Seasons Hotel Los Angeles, actors Katherine Heigl and Gerard Butler were forced to evacuate along with 400 guests, people.com reports.

Butler, one eyewitness told People, posed for pictures with members of the AC Milan soccer team, in town to play the Los Angeles Galaxy Sunday. Heigl, barely recognizable with her hair dyed red, was seen leaving the hotel during the 1:45 p.m. evacuation.

METRO NEWS SERVICES

Producer poo-poos Mischa

ON THE OUTS While there's still no word on why actress Mischa Barton was placed under psychiatric care, her absence had its effects.

Barton was unable to attend the premiere of her film, Homecoming, last week, which didn't sit well with producer Bingo Gubelmann.

"It's frustrating, but I'm not going to sot her and trash her," he told Us Weekly. "I don't want to be known as the producer that will turn on any actress at the drop of a hat." When asked why he'd picked Barton for the film, he rolled his eyes and said, "It's hard to remember."

METRO WORLD NEWS

Britney juggles a new man?

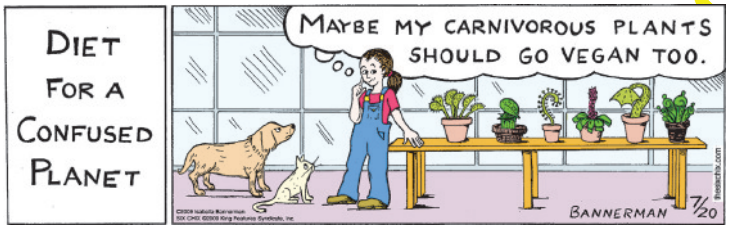
OPTIONS Britney Spears is reportedly dating her agent, Jason Trawick, but she recently took a break from her tour to spend some time with another man, producer Dallas Austin.

The pair got together at Austin's house in Atlanta, where "it was just the two of them for a few nights," a source told Page Six. But Austin's rep said are simply friends.

METRO WORLD NEWS

GETTY IMAGES

SixChix — For more cartoons, visit metronews.ca



The Weather Network 20 YEARS ©The Weather Network theYear

Today Sunny 25°/ 17°

Tuesday Sunny 25° / 18°

Wednesday Sunny 24°/ 15°

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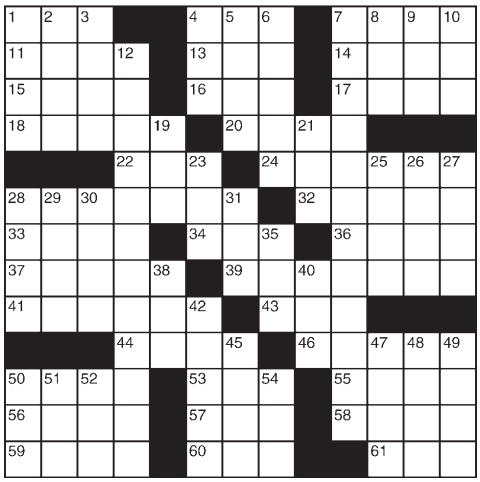
Take Five



Crossword across

1 Feathery neckpiece
4 Small ammunition
7 Rope
11 Felonious flights
13 A billion years
14 Do as you're told
15 Buckeye State
16 Excessively
17 Not pre-recorded
18 They get in the whey
20 Aspic creation
22 Intention
24 South American prairies
28 Santa's runway
32 Woo
33 Loosen
34 Satchel
36 Incite
37 Corpulent
39 On the — (discreetly)
41 Shredded
43 Diamond stick?
44 Squad
46 Carries on
50 Greek vowel
53 Dog's hand
55 Enjoying greatly
56 New Zealand bird
57 Time of your life?
58 iPod model
59 Carolina college
60 Cover
61 Pale

Crossword down

1 United nations
2 Hawaiian island
3 Eastern potentate
4 Wager
5 Prosperous period
6 Pry
7 2003 Civil War movie
8 Kimono closer
9 Gun the engine
10 Decorate Easter eggs
12 Malt-shop setup
19 Perch
21 Varnish ingredient
23 Unruly group
25 Knitting stitch
26 Jason's ship
27 Hasenpfeffer, e.g.
28 Oxidation result
29 Aware of
30 Stench
31 Cushion
35 Sailor
38 Calendar abbr.
40 Series of skirmishes
42 Pontifical
45 Creche trio
47 Rodents do it
48 Sicilian volcano
49 Any time now
50 Mamie's man
51 Lubricate
52 Pair
54 Marry

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		1	8	5		4		9
5		4	7					2
	2							
7		9			4			
		6				3		
			1			7		8
							1	
8					1	5		3
2		3		7	9	8		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	M	B	E	R		B	A	R		A	M	P
V	A	L	U	E		I	I	I		L	O	Y
A	G	O	R	A		S	L	O	W	I	N	G
		W	O	R	S	T	S		R	E	A	M
S	K	I		M	A	R		H	A	N	D	Y
A	O	N	E		T	O	P	I	C			
P	I	G	S	T	Y		A	S	K	F	O	R
			C	U	R	S	T		S	L	A	Y
M	I	G	H	T		U	S	S		O	R	E
A	N	N	E		A	N	Y	H	O	W		
G	L	O	W	I	N	G		E	L	I	D	E
N	A	M		C	O	O		L	I	N	U	S
A	Y	E		E	N	D		L	O	G	O	S

1	5	3	9	6	8	4	2	7
9	4	7	2	3	5	8	1	6
6	8	2	1	7	4	3	9	5
7	3	4	5	9	2	1	6	8
8	6	1	3	4	7	9	5	2
2	9	5	8	1	6	7	4	3
4	1	8	6	2	3	5	7	9
3	7	6	4	5	9	2	8	1
5	2	9	7	8	1	6	3	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Coronation Chicken

INGREDIENTS:

1 chicken, about 3 lbs
1 onion, sliced
1 large carrot, coarsely chopped
1 celery stalk, chopped
6 black peppercorns, lightly crushed
1 bay leaf
1 large banana
2 zucchinis, sliced lengthwise with vegetable peeler into thin strips
Sprigs fresh mint to garnish

MANGO AND RAISIN PILAF:

2 cups basmati rice, well rinsed
1/3 cup raisins
1-3/4 oz dried mango, chopped
2/3 cup pecans

CURRY DRESSING:

5 oz plain low-fat yogurt
5 tbsp low-fat mayonnaise
2 tbsp korma curry paste
Grated rind of 1 large lemon
1 tbsp fresh lemon juice
2 tbsp snipped fresh chives
2 tbsp chopped fresh mint
2 tbsp chopped parsley
Pepper to taste

METHOD:

1. Place chicken in large pot and cover with water. Add onion, carrot and celery and bring almost to boil; skim any fat off surface. When bubbles begin to break through surface, reduce to simmer. Add peppercorns and bay leaf; simmer 45 minutes or until juices run clear from chicken thigh when pierced.
2. Remove chicken from liquid and set aside to cool. Pour cooking liquid through fine sieve into measuring cup. Discard vegetables.
3. For pilaf, place 2-1/3 cups strained cooking liquid and rice in pot. Stir in raisins and mango. Bring to boil; reduce heat, cover and simmer, according to package instructions, until all liquid has been absorbed and rice is tender.
4. Remove rice from heat and set aside, covered, 5 minutes. Transfer rice to bowl to cool completely.
5. For curry dressing, place yogurt, mayonnaise, curry paste, lemon rind and juice in bowl; mix well. Stir in chives, mint, parsley and pepper.
6. When chicken is cool, cut into bite-sized pieces and fold into curry dressing. Slice banana and add to chicken mixture. Stir pecans into rice pilaf and spoon onto 6 plates. Arrange zucchini ribbons on pilaf and top with chicken mixture. Garnish with fresh mint sprigs and serve.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Things look a lot worse than they actually are, especially concerning family issues, but in a few days your outlook will brighten considerably.

TAURUS
APRIL 21-MAY 21
Someone will wonder aloud if you know what you are doing today. Convince them you are still in control: Don't just tell them, find ways to show them.

GEMINI
MAY 22-JUNE 21
You know what needs to be done, so get on and do it. You can easily push yourself a bit harder today: Before you know it, your task will be finished.

CANCER
JUNE 22-JULY 22
The planets warn that others will find out what you're trying to keep from them — so why not say what you've been up to? Don't hide it, flaunt it.

LEO
JULY 23-AUG 23
Make allowances for those who seem reluctant to follow you on your next big adventure. Maybe they've got more to lose from taking risks than you do.

VIRGO
AUG 24-SEPT 22
If you're a typical Virgo it's not in your nature to preen. But it's in your interests to have many eyes on you today, so ensure the world knows you exist.

LIBRA
SEPT 23-OCT 23
Career issues have worried you a lot of late, but in a few days you won't care because your personal affairs will be so much more exciting.

SCORPIO
OCT 24-NOV 22
You may be reserved by nature, but make the most of the sun's final few days in your fellow water sign of Cancer to promote your own interests.

SAGITTARIUS
NOV 23-DEC 21
You're on the verge of one of the most exciting times of the year. Focus on all the good things in your life: There are plenty, if you care to look.

CAPRICORN
DEC 22-JAN 20
The more people understand what you hope to acquire, the more likely they are to help you get it around the time of Wednesday's solar eclipse.

AQUARIUS
JAN 21-FEB 18
Lately it's seemed as if you had a mountain to climb, but you kept at it and now you're on the brink of a triumph. Shout about your accomplishment.

PISCES
FEB 19-MARCH 20
Life has been good lately, but start planning for a more challenging phase. You'll have to double your efforts in the next few weeks, especially at work.

WORDY GURDY®

BY TRICKY RICKY KANE

1. Astronaut Armstrong's real bargains (1)
2. Dried plum where Armstrong walked (1)
3. Little public bathroom division (1)
4. Throat infection on a staircase part (1)
5. Apollo 11 module's Snoopy dogs (2)
6. Alighting-on-the-moon's-surface uniting (2)
7. Astronaut Buzz's witches' kettles (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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ANSWERS
1. NEIL DEALS 2. MOON PRUNE 3. SMALL STALL 4. STREP STEP
5. EAGLES BEAGLES 6. LANDING BANDING 7. ALDRINS CALDRONS

7-20-09

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